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ABSTRACT

One of twenty course guides in the Community Living Skills Guide for the College for Living series, this document provides guidelines and workbook activities for the course, Traveling II. The series of courses for developmentally disabled adults is intended to supplement residential programs and to aid in orienting institutionalized persons to eventual integration into the community. Goals for the course are for the student to gain confidence in using public transportation and to develop confidence in self as a resource. More specific objectives include the student's (1) riding a bus to a given point independently, (2) following a map to a given point, and (3) showing steps needed to take a bus by demonstration. Contents include an evaluation tool and outlines with suggested activities, discussions, and field experiences and trips for the twelve steps in this course: skills needed to ride a bus, methods of transportation, on a bus, review, how to find your way, reading maps, common sense rules, expand and explore, walking, walking and using a map with teacher, going for a walk with friends, and going by bus alone. Other guides in the series and related documents (a volunteer training workshop packet and curriculum guide for fourteen courses) are available separately. (See Note.) (YLB)

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COMMUNITY LIVING SKILLS GUIDE

Traveling II

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THE COLLEGE FOR LIVING
Metropolitan State College
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COMMUNITY LIVING SKILLS GUIDE FOR THE COLLEGE FOR LIVING

TRAVELING II OBJECTIVES

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TRAVELING II OBJECTIVES

GOALS:

The student will gain confidence in using public transportation.

The student will develop confidence in self as a resource.

OBJECTIVES:

The student will ride a bus to a given point independent of supervisor.

The student will follow a map to a given point independent of supervisor.

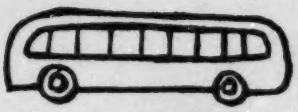
The student will show steps needed to take a bus by demonstration.

TRAVELING II

INTERVIEW - Evaluation Tool WEEK I

Draw a map or tell how you traveled to college.

List the things you must do in order to ride a bus.



List different kinds of transportation.

STEP I. Skills Needed to Ride a Bus

I. Discuss interview and then "brain storm" things needed to ride a bus.

Teacher Note:
Discuss transfer.
Signs from Traveling I

1. You must have enough money to get to where you want to go and to get back.
2. You must have correct change.
3. You need to know which bus will take you to your destination.
4. You need to know where the bus stop is.
5. Do you know when the buses run?
6. You must know how and when to signal the bus driver that you want to get off.
7. Recognizing Landmarks

II. Look at several bus schedules. (local buses)

Name common streets around college.

Take a walk and find streets that you found on a map.

STEP II

METHODS OF TRANSPORTATION

List and discuss different ways one can travel.

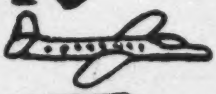
A. Short trips

Taxi

Bus

Walking

B. Planes



Trains

Bus

Trains

Bicycle

Car

Handiride

Boat

Car

Role Play:

1. Being lost
2. Manners on public transportation
3. No I.D. and an emergency
4. With I.D. and an emergency
5. Asking Directions

Teacher Note:
Landmarks are important

STEP III. On a Bus

FIELD TRIP

Look closely at a city bus. Have students demonstrate steps needed to ride a bus. Bus identification methods will be pointed out (Number, destination, bus stop sign identification, bus driver responsibility to help citizen find correct bus)
Ride bus to station and back.

STEP IV. Review and Expand

I. Review bus identification techniques

II. Films on travel

STEP V

HOW TO FIND YOUR WAY

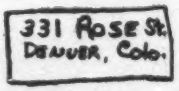
Talk about

Signs

Landmarks

Asking questions of bus drivers or gas stations or policepersons or mailpersons

Street Names

Knowing address of destination 

Carrying identification and important phone numbers.

Maps

Role Play:

Rude person

Someone who ignores you

Not having correct change

Transfers

Missing bus

Missing proper bus stop

Asking helpful person

STEP VI. Reading Maps

Send students off in groups with supervisor to certain points and have them return.

Teachers will give out maps, talk about destination and landmarks and then have students direct themselves to bus stop and destination. At destination there should be a snack time and then students will return with minimal supervision.

STEP VII. Common Sense Rules

Evaluation:

What did you learn on trip?

What worked?

What didn't work?

What do you need to know in order to travel on your own next week?

AWARENESS:

Common ense Rules

1. Safety at night - women (rape)

   Crossing safely

   Color of clothing

2. Proper clothing - (dress according to weather)

3. Money

4. ID

5. Be prepared to handle unusual circumstances.

STEP VIII- Expand and Explore

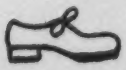
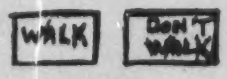
Historical Museum Field Trip on Transportation

STEP IX. Walking

Discuss field trip and discuss how transportation has changed throughout the years.

Discuss method(s) that have not changed throughout the years.

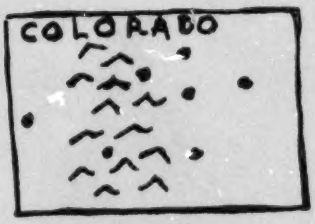
WALKING: What do we need to know about walking?

1. Know your body's limits (how far can you walk comfortably?)
2. It's cheap.
3. It's fun
4. Need good shoes 
5. Be aware of surroundings
6. It gives you exercise
7. Need proper clothing
8. Need to know traffic rules 

9. Can you think of any more rules.

STEP X. Walking and Using a Map with Teacher

Use a map and take a trip with supervisor.



STEP XI. Going for a Walk with Friends

Take a walk in small groups without supervisor.

Teacher Note:
If some students aren't ready
or able, plan to walk with them.

Have a meeting point for coffee and then follow maps back to classroom.

STEP XII. Going by Bus Alone

Take a small group trip without supervisor

Teacher Note:

Make sure you are available by phone in case the student needs you. Give student your number.

Go through steps needed to ride a bus and show teacher your I.D.